



Lemon-and-Garlic-Marinated Flat Iron Steak



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



30

CALORIES



150 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 4 bay leaves
- ☐ 1 beef flat iron steak
- ☐ 6 cloves garlic minced
- ☐ 2 lemons very thinly sliced
- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 30 servings pepper freshly ground
- ☐ 30 servings salt
- ☐ 4 scallions chopped

☐ 30 servings vegetable oil for brushing

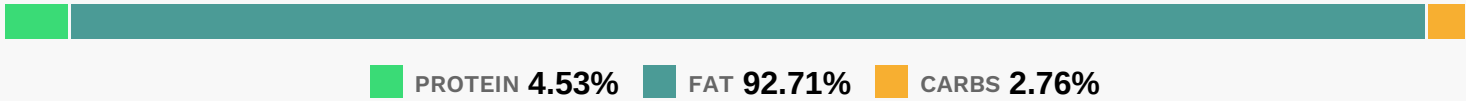
Equipment

- ☐ grill
- ☐ glass baking pan

Directions

- ☐ In a glass baking dish, season the steak with salt and pepper and rub with the olive oil.
- ☐ Spread the garlic, scallions and bay leaves all over the steak. Cover both sides of the steak with lemon slices. Cover and refrigerate for 24 hours. Light a grill and brush with vegetable oil. Scrape off the seasonings and bring the steak to room temperature. Season with salt and pepper and grill over moderately high heat until medium-rare within, 3 1/2 minutes per side.
- ☐ Transfer to a carving board and let rest for 5 minutes. Thinly slice across the grain and serve.

Nutrition Facts



Properties

Glycemic Index:3.98, Glycemic Load:0.21, Inflammation Score:-1, Nutrition Score:3.2421739360561%

Flavonoids

Eriodictyol: 1.54mg, Eriodictyol: 1.54mg, Eriodictyol: 1.54mg, Eriodictyol: 1.54mg Hesperetin: 2.01mg, Hesperetin: 2.01mg, Hesperetin: 2.01mg, Hesperetin: 2.01mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg

Nutrients (% of daily need)

Calories: 150.46kcal (7.52%), Fat: 15.84g (24.37%), Saturated Fat: 2.6g (16.24%), Carbohydrates: 1.06g (0.35%), Net Carbohydrates: 0.78g (0.28%), Sugar: 0.22g (0.25%), Cholesterol: 5.5mg (1.83%), Sodium: 200.5mg (8.72%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.74g (3.48%), Vitamin K: 29.84µg (28.42%), Vitamin E: 1.31mg (8.77%), Vitamin B12: 0.42µg (7.01%), Vitamin C: 4.31mg (5.22%), Zinc: 0.59mg (3.95%), Selenium: 2.61µg (3.73%), Vitamin B6: 0.05mg (2.28%), Phosphorus: 18.17mg (1.82%), Iron: 0.3mg (1.66%), Vitamin B3: 0.31mg (1.53%), Manganese: 0.03mg (1.52%), Vitamin B2: 0.02mg (1.33%), Potassium: 43.96mg (1.26%), Fiber: 0.28g (1.14%)